

TEHAMA COUNTY HEALTH SERVICES AGENCY

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National Senior Independence Month “Empowering Seniors to Thrive” February 2026

WHEREAS in Tehama County 21% of the population is age 65 and older and;

WHEREAS, factors such as lower frailty, higher cognitive function, and greater physical function are significant predictors of independence in older adults and;

WHEREAS, maintaining social connections and being active in the community is important for reducing loneliness, depression, and stress, and improving self-esteem and quality of life and;

WHEREAS communities can employ strategies, such as supportive technology, transportation, telehealth and social engagement opportunities, to help older adults within their communities maintain independence.

NOW, THEREFORE, BE IT PROCLAIMED that the Tehama County Board of Supervisors shall recognize the month of February 2026, as Senior Independence Month in Tehama County.

PROCLAIMED this 10th day of February 2026

Chairperson, Board of Supervisors, County of Tehama

ATTEST: Date _____
Sean Houghtby, County Clerk and
Ex-officio Clerk of the Board of
Supervisors of the County of Tehama
By _____